Nadi Vaid Satyaprakash – Ayurveda & Kayakalp Center, Rohtak

https://nadivaidsatyaprakash.com/

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https://nadivaidsatyaprakash.com/about-us/

About Nadi Vaid Satyaprakash Located in Rohtak

Nadi Vaid Satyaprakash is a leading Ayurvedic practitioner dedicated to authentic healing through pulse diagnosis (Nadi Pariksha). The center provides customized Ayurvedic treatments for chronic diseases using ancient herbs and holistic methods. The mission is simple: To heal naturally and guide every individual toward harmony of mind, body, and nature.e.

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Diabetes (Madhumeha)

https://nadivaidsatyaprakash.com/product-category/diabetes/

Causes:

Sedentary lifestyle, excessive sugar intake, stress, and irregular eating habits.

Symptoms:

Frequent urination, tiredness, excessive thirst, weight loss.

Prevention Tips:

Follow a high-fiber diet, avoid sweets, and practice yoga.

Ayurvedic Treatment:

Ayurvedic herbs like Gudmar, Neem, and Triphala are used by Nadi Vaid Satyaprakash to naturally manage blood sugar levels in Rohtak.

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Hypertension (High BP)

https://nadivaidsatyaprakash.com/product-category/blood-pressure/

Causes:

High salt diet, anxiety, lack of exercise, and poor sleep

Symptoms:

Headache, dizziness, irritability, short temper.

Prevention Tips:

Reduce salt intake, meditate daily, walk regularly.

Ayurvedic Treatment:

Herbs like Arjuna, Sarpagandha, and Ashwagandha help balance blood pressure in Rohtak.

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Stress & Sleep Disorders

https://nadivaidsatyaprakash.com/product-category/depression/

Causes:

Excessive workload, emotional pressure, financial worries, irregular lifestyle, lack of physical activity.

Symptoms:

Restlessness and anxiet,Difficulty sleeping ,Headache, irritability, lack of concentration

Prevention Tips:

Maintain a consistent sleep schedule, Practice meditation, pranayama, or yoga daily, Avoid mobile screens before sleep..

Ayurvedic Treatment:

At Nadi Vaid Satyaprakash in Rohtak, stress and sleep disorders are treated through Ayurvedic therapies and natural herbs that balance the mind and nervous system.

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Cervical Pain

https://nadivaidsatyaprakash.com/product-category/cervical/

Causes:

Prolonged sitting posture, mobile or computer overuse, aging, weak neck muscles, and lack of physical activity.

Symptoms:

Neck stiffness, shoulder pain, tingling in arms or fingers, headache, and difficulty in neck movement.

Prevention Tips:

Maintain correct posture while working or sitting.
Do gentle neck exercises daily.
Avoid sudden jerks or heavy lifting.
Sleep on a thin pillow to support the neck properly.

Ayurvedic Treatment:

At Nadi Vaid Satyaprakash in Rohtak, cervical pain is treated using Panchkarma therapies like Greeva Basti (warm medicated oil therapy), herbal steam, and medicated oils for muscle relaxation.

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Digestive Disorders & Acidity

https://nadivaidsatyaprakash.com/product-category/acidity/

Causes:

Spicy food, irregular meals, stress.

Symptoms:

Acidity, bloating, indigestion, gas.

Prevention Tips:

Eat light, avoid fried foods, and stay hydrated..

Ayurvedic Treatment:

Herbs like Amla, Jeera, and Ajwain help restore digestion in Rohtak.

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Healthy Lifestyle Tips

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■ Wake up early (Brahma Muhurta).

■ Eat fresh and seasonal food.

■ Practice yoga and meditation daily.

■ Stay hydrated.

■ Walk at least 30 minutes a day.

■ Follow Ayurvedic Dinacharya for balance and vitality.

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Contact

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Follow the path of natural healing with Ayurveda by Nadi Vaid Satyaprakash in Rohtak.